



WEEK 43 Sunday, 19 October 2025 Saturday, 25 October 2025

Date	Start Time	Genre	Title
2025-10-19	0500	Cooking	Lorraine Pascale: Home Cooking Made Easy
2025-10-19	0530	Food Lifestyle	Come Dine With Me: The Professionals
2025-10-19	0625	Travel	Destination Flavour Japan Bitesize
2025-10-19	0630	Food Lifestyle	Come Dine With Me: The Professionals
2025-10-19	0725	Cooking	Taste The Philippines With Yasmin Newman
2025-10-19	0730	Cooking	Be My Guest With Ina Garten
2025-10-19	0800	Food Lifestyle	Kitchen Glow Up
2025-10-19	0830	Travel	Hairy Bikers Mediterranean
2025-10-19	0930	Travel	Paul Hollywood Eats Japan
2025-10-19	1025	Travel	Destination Flavour Japan Bitesize
2025-10-19	1030	Travel	Rick Stein's Cornwall
2025-10-19	1100	Travel	Rick Stein's Cornwall
2025-10-19	1130	Cooking	Be My Guest With Ina Garten
2025-10-19	1200	Food Lifestyle	Kitchen Glow Up
2025-10-19	1230	Travel	Eat China Specials
2025-10-19	1300	Cooking	Food Lovers' Guide To Australia
2025-10-19	1330	Cooking	Lorraine Pascale: Home Cooking Made Easy
2025-10-19	1400	Cooking	Lorraine Pascale: Home Cooking Made Easy

ALL MARKETS

Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description
Entertaining	01	3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100	2011	RPT	G				
Essex 8	02	9	In Essex, co-owner and chef of Toulouse, Stefan has engaged his sous chef Billy to help him kick off the week with some restaurant classics. However, the starter comes under fire from a rival couple.	UNITED KINGDOM	English-100	2022	RPT	PG				
Tokyo Part 1	01	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	2013	RPT	G		Y	Y	
Sheffield 8	02	10	In Sheffield, Sicilian restaurant Bella Donna kick off the competition with head chef Monica and front of house manager Katrina cooking up some serious seafood and breaded beef.	UNITED KINGDOM	English-100	2022	RPT	PG				
Melon Cocktail With Kylie Javier Ashton	01	8	Kylie Javier Ashton, Sydney multi-award-winning restaurant manager, makes a refreshing cocktail based on a childhood favourite called Melon.	AUSTRALIA	English-100	2022	RPT	G				
Julia Louis-Dreyfus	06	2	The incredible 11 time Emmy award-winning actor, comedian, writer and producer Julia Louis Dreyfus is joining Ina at the barn.	USA	English-100	2024	RPT	G				
Designing Joy	2025	6	Noelle, a designer at Hedley & Bennett & her husband Tim love to cook-but their small kitchen has killed the joy. With awkward cabinets, lost appliances & no counter space they need Ellen to bring order & fun back to their family's favorite room.	USA	English-100	2025	RPT	PG				
Balearics	01	5	The bikers visit Minorca and Majorca to discover evidence of British influence, great fresh fish and local produce, and to ride one of the most extraordinary roads in the world.	UNITED KINGDOM	English-100	2017	RPT	G				
Osaka	01	3	Paul ends his whole Japanese road trip with the eat til you drop food tour of Osaka-home to what he becomes convinced is the very best street food on earth.	UNITED KINGDOM	English-100	2019	RPT	PG	a w		Y	
Tokyo Part 1	01	5	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-100	2013	RPT	G		Y	Y	
Rick Stein's Cornwall Series 3 Ep 9	3	9	Rick's idea of bliss is to spend an afternoon gutting a freshly caught fish, then using it to make a dish of steamed seabass with garlic, ginger and spring onions.	UNITED KINGDOM	English-100	2022	RPT	PG				
Rick Stein's Cornwall Series 3 Ep 10	3	10	Rick drops in on the fishing port of Boscawen and finds a fabulous seafood restaurant. Then, a trip to Cornwall's only organic mushroom farm inspires him to cook a stir fry with lion's mane mushrooms.	UNITED KINGDOM	English-100	2022	RPT	PG				
Julia Louis-Dreyfus	06	2	The incredible 11 time Emmy award-winning actor, comedian, writer and producer Julia Louis Dreyfus is joining Ina at the barn.	USA	English-100	2024	RPT	G				
Designing Joy	2025	6	Noelle, a designer at Hedley & Bennett & her husband Tim love to cook-but their small kitchen has killed the joy. With awkward cabinets, lost appliances & no counter space they need Ellen to bring order & fun back to their family's favorite room.	USA	English-100	2025	RPT	PG				
Eat China Specials Series 1 Ep 1	01	1	This special features China's most famous and beloved alcohol drinks. From baijiu to beer, even to fine wine, we meet the makers and reveal their traditions and techniques.	CHINA	English-80; Cantonese-10; Mandarin-10	2020	RPT	PG			Y	
Food Lovers Guide To Australia Series 5 Ep 5	05	5	Maevie O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maevie learns some of the secrets of our best cheddar from Tasmania, while Joanna gets to taste several varieties of pomegranates at a farm in Robinvale, Victoria.	AUSTRALIA	English-100	2005	RPT	G		Y		
Entertaining	01	3	Lorraine prepares a gorgeous, hearty Spanish paella with sherry, chorizo, and prawns - the ideal one-pan help yourself dish for a fun night in with friends and family.	UNITED KINGDOM	English-100	2011	RPT	G				
Simple	01	4	Lorraine brings the taste of Spain to the table with her Rioja braised lamb shanks with chorizo and garlic, served with her buttery fast-baked mashed potato.	UNITED KINGDOM	English-100	2011	RPT	G				

2025-10-19	1430	Food Lifestyle	Come Dine With Me: The Professionals	Edinburgh B	02	11	Today's Come Dine With Me: The Professionals travels to Edinburgh and kicking off the competition is owner James and self-proclaimed best chef in Edinburgh, Ed. They're confident their fresh, foraged produce and flower garnishes will bag them the grand.	UNITED KINGDOM	English-100	2022	RPT	PG			
2025-10-19	1525	Travel	Destination Flavour China Bitesize	Longjing Prawns	01	5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y
2025-10-19	1530	Food Lifestyle	Come Dine With Me: The Professionals	Swansea A	02	12	Today's competition is in Swansea, where first to host are head chef Calum and director Lucy of the Secret Bar and Kitchen. The guests they're hoping to impress are Nick and Rich of The Plough.	UNITED KINGDOM	English-100	2022	RPT	PG			
2025-10-19	1625	Cooking	Bring A Plate	Keyma's Empanadas	01	3	Keyma shares her recipe for empanadas, a popular Venezuelan street food. Discover some of the ingredients that you can use inside this crunchy and mouth-watering snack food.	AUSTRALIA	English-100	2024	RPT	G		Y	
2025-10-19	1630	Travel	Masters Of Taste With Gary Mehigan	Best Of Jaipur	02	14	Sampling street food through Jaipur, Gary ends his day with a royal pit-cooked chicken.	USA	English-100	2019	RPT	G			
2025-10-19	1700	Travel	Sophie Grigson: Slice Of Italy	Celebration: Any Chance To Eat	02	8	It's Sophie's birthday and she celebrates with friends. It's also festival time so the whole town celebrates. Sophie makes yeasted lemon fritters at home and cooks fish in a paper parcel at the trullo.	UNITED KINGDOM	English-100	2023	RPT	PG			Y
2025-10-19	1730	Travel	Beyond Bali With Lara Lee	South Lombok: Coastlines And Community	01	4	In southern Lombok, Lara Lee finds soulful seafood, skilled craftswomen, and stunning coastlines on an island where tradition and regeneration are powerfully entwined.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	PG		Y	Y
2025-10-19	1830	Travel	James Martin's Spanish Adventure	Extremadura	01	10	James learns how migas is made, meets a tortilla chef, visits a local brewery, and sees Iberico pigs. Then he cooks garlic bean stew, poussin, cherry beer and chocolate cake, and pork chops.	UNITED KINGDOM	English-100	2022	RPT	PG	a w		Y
2025-10-19	1930	Travel	Adam Richman Eats Britain	Aberdeen Angus	01	3	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world famous dishes. He's in Aberdeen to try the best of its world-famous beef, Aberdeen Angus, at one of the city's finest steak restaurants.	UNITED KINGDOM	English-100	2024	RPT	G			
2025-10-19	2000	Travel	Malaysia Gourmet With Justine Schofield	Ep 6	01	6	Start with an invigorating sunrise hike up Ria Lookout in Sabah, followed by the preparation of delicious Malaysian breakfast noodles. Justine explores Penang Hill before savouring a Sarawak laksa.	AUSTRALIA	English-100	2023	RPT	G			
2025-10-19	2030	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 3	01	3	Rick is invited to a beautiful beach party at La Pelosa, where everyone gets stuck into preparing lunch. Continuing his journey through the spectacular countryside, far removed from the high-rise holiday destinations of the Costa Brava, he seeks out an old mill, El Molí, a restaurant and a magical place his boyhood friend Mark told him about years ago.	UNITED KINGDOM	English-100	2011	RPT	G		Y	
2025-10-19	2140	Travel	Anthony Bourdain: The Layover	Chicago	2	1	Grandiose architecture, Italian Beef Cubs versus White Sox, taverns galore, the best meat in tube form in all of America, and even medical torture devices find their way into Tony's 43 hour layover in the wondrous city of Chicago.	USA	English-100	2012	RPT	PG	a l s		Y
2025-10-19	2230	Reality	Big Food Bucket List	Plot Chickens, The	03	20	In Washington DC, this chef's Vietnamese & Cajun background has created an incredible menu filled with fusion flavours to die for, like their saucy, delicious crawfish & noodles.	CANADA	English-100	2022		PG			
2025-10-19	2300	Travel	Eat China Specials	Eat China Specials Series 1 Ep 2	01	2	Discover how craft beer, red wine, and Shaosung rice wine is made in China.	CHINA	English-80; Cantonese-10; Mandarin-10	2020	RPT	PG	a w		Y
2025-10-19	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 6	05	6	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna helps build a pit oven overlooking the Kakadu wetlands, and Maeve joins an extended Greek family for Greek Easter celebrations.	AUSTRALIA	English-100	2005	RPT	G		Y	
2025-10-19	2400	Travel	Masters Of Taste With Gary Mehigan	Best Of Jaipur	02	14	Sampling street food through Jaipur, Gary ends his day with a royal pit-cooked chicken.	USA	English-100	2019	RPT	G			
2025-10-19	2430	Travel	James Martin's Spanish Adventure	Extremadura	01	10	James learns how migas is made, meets a tortilla chef, visits a local brewery, and sees Iberico pigs. Then he cooks garlic bean stew, poussin, cherry beer and chocolate cake, and pork chops.	UNITED KINGDOM	English-100	2022	RPT	PG	a w		Y
2025-10-19	2525	Travel	Destination Flavour China Bitesize	Longjing Prawns	01	5	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y
2025-10-19	2530	Travel	Adam Richman Eats Britain	Aberdeen Angus	01	3	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world famous dishes. He's in Aberdeen to try the best of its world-famous beef, Aberdeen Angus, at one of the city's finest steak restaurants.	UNITED KINGDOM	English-100	2024	RPT	G			

2025-10-19	2600	Travel	Malaysia Gourmet With Justine Schofield	Ep 6	01	6	Start with an invigorating sunrise hike up Ria Lookout in Sabah, followed by the preparation of delicious Malaysian breakfast noodles. Justine explores Penang Hill before savouring a Sarawak laksa.	AUSTRALIA	English-100	2023	RPT	G		
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2025-10-19	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 6	05	6	Maewie O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna helps build a pit oven overlooking the Kakadu wetlands, and Maewie joins an extended Greek family for Greek Easter celebrations.	AUSTRALIA	English-100	2005	RPT	G		Y
2025-10-20	0500	Travel	Sophie Grigson: Slice Of Italy	Celebration: Any Chance To Eat	02	8	It's Sophie's birthday and she celebrates with friends. It's also festival time so the whole town celebrates. Sophie makes yeasted lemon fritters at home and cooks fish in a paper parcel at the trullo.	UNITED KINGDOM	English-100	2023	RPT	PG		Y
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2025-10-20	0925	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 6	01	6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y
2025-10-20	0930	Travel	Adam Richman Eats Britain	Aberdeen Angus	01	3	Global food explorer Adam is touring Britain, one incredible, edible place at a time, using the map as his menu to visit places in Britain that have given their name to world famous dishes. He's in Aberdeen to try the best of its world-famous beef, Aberdeen Angus, at one of the city's finest steak restaurants.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-10-20	1000	Travel	Malaysia Gourmet With Justine Schofield	Ep 6	01	6	Start with an invigorating sunrise hike up Ria Lookout in Sabah, followed by the preparation of delicious Malaysian breakfast noodles. Justine explores Penang Hill before savouring a Sarawak laksa.	AUSTRALIA	English-100	2023	RPT	G		
2025-10-20	1030	Travel	Rick Stein's Spain	Rick Stein's Spain Series 1 Ep 3	01	3	Rick is invited to a beautiful beach party at La Pelosa, where everyone gets stuck into preparing lunch. Continuing his journey through the spectacular countryside, far removed from the high-rise holiday destinations of the Costa Brava, he seeks out an old mill, El Molí, a restaurant and a magical place his boyhood friend Mark told him about years ago.	UNITED KINGDOM	English-100	2011	RPT	G		Y
2025-10-20	1140	Travel	Masters Of Taste With Gary Mehigan	Best Of Jaipur	02	14	Sampling street food through Jaipur, Gary ends his day with a royal pit-cooked chicken.	USA	English-100	2019	RPT	G		
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2025-10-20	1230	Travel	Jason Atherton's Dubai Dishes	Street Food	01	6	Jason celebrates quick bites and food on the go, Dubai style, showcasing oysters with a spicy dressing and grilled corn with chili and parmesan. He is joined by Arab pit master, Hattem Mattar.	UNITED KINGDOM	English-100	2023	RPT	G		

2025-10-20	1325	Cooking	Please Eat Slowly Bitesize	Dumplings	01	1	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	2022	RPT	G				
2025-10-20	1330	Travel	Tareq Taylor's Nordic Cookery	Finland South Coast	01	6	Tareq takes a late autumn trip along Finland's southern coast.	SWEDEN	English-100	2013	RPT	PG	a	w		
2025-10-20	1400	Cooking	Donal's Real Time Recipes	Nostalgic Nights In	01	7	Taking inspiration from the recipes he grew up with Donal shares some firm family favourites that would be a hit in any household.	IRELAND	English-100	2024	RPT	G				
2025-10-20	1430	Cooking	Kriol Kitchen	Ali & Mitch Torres: Stinky Pearl Shell & Garlic Butter Pearl Meat	02	1	Ali and Mitch share two recipes they grew up with that their father used to make - a condiment made from the intestines of the pearl shell and also a dish made from the muscle of the shell.	AUSTRALIA		2014	RPT	G			Y	
2025-10-20	1500	Cooking	Rachael Ray's Meals In Minutes	Crab Nachos And Steak Tacos	01	16	Surf and Turf is a great combo, but why not make that combo even better by combining it with taco night? Rachael shows us how to make the ultimate date night combo of crab nachos and steak tacos.	USA	English-100	2022	RPT	PG				
2025-10-20	1530	Cooking	My Market Kitchen	Episode 41	05	41	Nutritionist Jemma visits a pear orchard and cooks turmeric latte porridge.	AUSTRALIA	English-100	2021	RPT	PG				
2025-10-20	1600	Cooking	Lidia's Kitchen	Warm Welcome, A	10	16	Anyone who joins Lidia at her table is always met with a warm welcoming meal. Today, she invites you into her kitchen with a fresh seasonal specialty-Shaved Artichoke, Spinach & Mortadella Salad.	USA	English-100	2023		G				
2025-10-20	1630	Cooking	Mary Makes It Easy	Plot Chickens, The	03	6	The humble chicken is here to stay! Mary keeps it fresh with new recipes for her most-asked-for protein, and simplifies its daunting carve.	CANADA	English-100	2023	RPT	G				
2025-10-20	1700	Travel	Pallisa Anderson's Water Heart Food	Humble Origins	01	1	Thailand is home to many incredible food markets that sell an abundance of fresh and seasonal fruit and vegetables, the type of produce Pallisa now grows on her farm and supplies to many top-end chefs and restaurants in New South Wales. One of these is the renowned Peter Gilmore of Quay restaurant, who uses Pallisa's incredibly beautiful fresh peanuts to make a refined mud crab salad. Pallisa then catches up with chef Christine Mansfield, one of Australia's most celebrated chefs and a perfectionist inspired by the culinary melting pot of global flavours, at the Mullimbimby markets and then at her farm, where she uses fresh guavas in a scrumptious Thai inspired finger-lime tapicos dessert.	AUSTRALIA	English-100	2020	RPT	G			Y	
2025-10-20	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 26	08	26	Justine prepares a Basque Cheesecake and its later joined by Melissa Leong to recreate an Australian favourite with her Tom Yum Sausage Rolls.	AUSTRALIA	English-100	2018		PG				
2025-10-20	1800	Cooking	Maneet's Eats	Masala Omelet Sandwich And Parathas	01	6	Chef Maneet Chauhan prepares a classic Indian breakfast, the Masala Omelet Sandwich, with traditional Indian spices and Amul cheese.	USA	English-100	2025		PG				
2025-10-20	1830	Cooking	Secrets Of The Curry Kitchen	Finding Flavour	01	6	Chef Asma Khan celebrates herbs and marinades. Fenugreek Methi Chicken, the Hariyali baked version, and mouthwatering Tamarind Prawns.	UNITED KINGDOM	English-100	2025		PG				
2025-10-20	1900	Cooking	The Cook Up With Adam Liaw	Spiced Rice	06	70	What's better than rice? Spiced rice! See what Adam and his guests, Chef Claire Van Vuuren and comedian Mahmoud Elmaloum serve up.	AUSTRALIA	English-100	2023	RPT	G			Y	
2025-10-20	1930	Cooking	Donal's Family Food In Minutes	Big Roast, The	01	2	Donal takes on The Big Roast with four delicious recipes to get everyone cooking in the kitchen. First up the Roast Veggie Curry that is big and flavourful, it would immediately convert any meat-eater.	UNITED KINGDOM	English-100	2020		G				
2025-10-20	2000	Travel	Rick Stein's Food Stories	Kent	01	11	In Kent, The Garden of England, Rick harvests English cherries at a family-run farm. From Ramsgate he heads out to sea in search of Dover sole, his favourite fish.	UNITED KINGDOM	English-100	2023	RPT	PG	a	w		
2025-10-20	2030	Culture & Society	Stanley Tucci: Searching For Italy	London	02	4	Tucci sets out to explore how Italian immigration has transformed the food scene in his adopted hometown of London. It's a culinary mecca where Italian food from every region gets a chance to shine.	USA	English-90; Italian-10	2022	RPT	G		Y	Y	
2025-10-20	2125	Cooking	A Taste Of Island Dreams	Amalul's Pandan Bubble Tea	1	4	Amalul, Alimah's granddaughter, is a self-proclaimed bubble tea connoisseur. She shares her bright bubble tea brew and pays tribute to the vibrant and flavourful pandanus leaf.	AUSTRALIA	English-100	2024	RPT	G				
2025-10-20	2130	Food Lifestyle	Gourmet Farmer	Goodbye Puggle Farm	04	1	After selling his original Puggle Farm, Matthew Evans moves his family to the much larger Fat Pig Farm, where he has a dream to build a farm-to-table restaurant in the upper paddock. When the doors are flung open, Matthew will be put to the test as a restaurateur. Food critic turned farmer turned restaurateur - how hard can it be?	AUSTRALIA	English-100	2017	RPT	G			Y	
2025-10-20	2200	Travel	Luke Nguyen's India	Diwali		12	To celebrate Diwali in Chennai, Luke meets with Ajneeth, one of the best chefs in India who teaches him the secret to traditional Diwali meals for a celebratory dinner party.	AUSTRALIA	English-100	2023	RPT	PG		Y	Y	Y

2025-10-20	2230	Cooking	The Cook Up With Adam Liaw	Spiced Rice	06	70	What's better than rice? Spiced rice! See what Adam and his guests, Chef Claire Van Vuuren and comedian Mahmoud Ismail serve up.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-20	2300	Cooking	The Cook And The Chef	Cooking With Kids	01	11	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln and asks if mussels are a kid friendly food.	AUSTRALIA	English-100	2006	RPT	G		
2025-10-20	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 7	05	7	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maewe visits a walnut farm in Tasmania where she helps with the harvest and enjoys a walnut loaf, and Joanna tries goat meat - tandoori and Moroccan style - in Yass.	AUSTRALIA	English-100	2005	RPT	G		Y
2025-10-20	2400	Travel	Tareq Taylor's Nordic Cookery	Finland South Coast	01	6	Tareq takes a late autumn trip along Finland's southern coast.	SWEDEN	English-100	2013	RPT	PG	a w	
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2025-10-20	2500	Travel	Rick Stein's Food Stories	Kent	01	11	In Kent, The Garden of England, Rick harvests English cherries at a family-run farm. From Ramsgate he heads out to sea in search of Dover sole, his favourite fish.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	
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2025-10-20	2630	Food Lifestyle	Gourmet Farmer	Goodbye Puggle Farm	04	1	After selling his original Puggle Farm, Matthew Evans moves his family to the much larger Fat Pig Farm, where he has a dream to build a farm-to-table restaurant in the upper paddock. When the doors are flung open, Matthew will be put to the test as a restaurateur. Food critic turned farmer turned restaurateur - how hard can it be?	AUSTRALIA	English-100	2017	RPT	G		Y
2025-10-20	2700	Travel	Luke Nguyen's India	Diwali		12	To celebrate Diwali in Chennai, Luke meets with Ajeeth, one of the best chefs in India who teaches him the secret to traditional Diwali meals for a celebratory dinner party.	AUSTRALIA	English-100	2023	RPT	PG		Y Y Y
2025-10-20	2730	Cooking	The Cook Up With Adam Liaw	Spiced Rice	06	70	What's better than rice? Spiced rice! See what Adam and his guests, Chef Claire Van Vuuren and comedian Mahmoud Ismail serve up.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-20	2800	Cooking	The Cook And The Chef	Cooking With Kids	01	11	School Holidays mean finding things for the kids to do and Maggie and Simon get some kids busy looking for mushrooms and picking plums. Simon also visits a Mussel farm in Port Lincoln and asks if mussels are a kid friendly food.	AUSTRALIA	English-100	2006	RPT	G		
2025-10-20	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 7	05	7	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maewe visits a walnut farm in Tasmania where she helps with the harvest and enjoys a walnut loaf, and Joanna tries goat meat - tandoori and Moroccan style - in Yass.	AUSTRALIA	English-100	2005	RPT	G		Y
2025-10-21	0500	Travel	Tareq Taylor's Nordic Cookery	Finland South Coast	01	6	Tareq takes a late autumn trip along Finland's southern coast.	SWEDEN	English-100	2013	RPT	PG	a w	
2025-10-21	0530	Travel	Jason Atherton's Dubai Dishes	Street Food	01	6	Jason celebrates quick bites and food on the go, Dubai style, showcasing oysters with a spicy dressing and grilled corn with chili and parmesan. He is joined by Arab pit master, Hattem Matter.	UNITED KINGDOM	English-100	2023	RPT	G		
2025-10-21	0625	Cooking	Please Eat Slowly Bitesize	Dumplings	01	1	There are a few tips for making restaurant-quality dumplings at home, from working the meat to create a springy texture, to cooking them just right. Victor shares his secrets to create delicious, foolproof dumplings!	AUSTRALIA	English-100	2022	RPT	G		
2025-10-21	0630	Cooking	Kriol Kitchen	All & Mitch Torres: Stinky Pearl Shell & Garlic Butter Pearl Meat	02	1	All and Mitch share two recipes they grew up with that their father used to make - a condiment made from the intestines of the pearl shell and also a dish made from the muscle of the shell.	AUSTRALIA		2014	RPT	G		Y
2025-10-21	0700	Cooking	Rachael Ray's Meals In Minutes	Crab Nachos And Steak Tacos	01	16	Surf and Turf is a great combo, but why not make that combo even better by combining it with taco night? Rachael shows us how to make the ultimate date night combo of crab nachos and steak tacos.	USA	English-100	2022	RPT	PG		

2025-10-21	0730	Cooking	My Market Kitchen	Episode 41	05	41	Nutritionist Jemma visits a pear orchard and cooks turmeric latte porridge.	AUSTRALIA	English-100	2021	RPT	PG	
2025-10-21	0800	Cooking	Lidia's Kitchen	Warm Welcome, A	10	16	Anyone who joins Lidia at her table is always met with a warm welcoming meal. Today, she invites you into her kitchen with a fresh seasonal specialty-Shaved Artichoke, Spinach & Mortadella Salad.	USA	English-100	2023	RPT	G	
2025-10-21	0830	Cooking	Mary Makes It Easy	Plot Chickens, The	03	6	The humble chicken is here to stay! Mary keeps it fresh with new recipes for her most-asked-for protein, and simplifies its daunting carve.	CANADA	English-100	2023	RPT	G	
2025-10-21	0900	Travel	Palisa Anderson's Water Heart Food	Humble Origins	01	1	Thailand is home to many incredible food markets that sell an abundance of fresh and seasonal fruit and vegetables, the type of produce Palisa now grows on her farm and supplies to many top-end chefs and restaurants in New South Wales. One of these is the renowned Peter Gilmore of Quay restaurant, who uses Palisa's incredibly beautiful fresh peanuts to make a refined mud crab salad. Palisa then catches up with chef Christine Mansfield, one of Australia's most celebrated chefs and a perfectionist inspired by the culinary melting pot of global flavours, at the Mullimbimby markets and then at her farm, where she uses fresh guavas in a scrumptious Thai inspired finger-time tapioca dessert.	AUSTRALIA	English-100	2020	RPT	G	Y
2025-10-21	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 26	08	26	Justine prepares a Basque Cheesecake and its later joined by Melissa Leong to recreate an Australian favourite with her Tom Yum Sausage Rolls.	AUSTRALIA	English-100	2018	RPT	PG	
2025-10-21	1000	Cooking	Maneet's Eats	Masala Omelet Sandwich And Parathas	01	6	Chef Maneet Chauhan prepares a classic Indian breakfast, the Masala Omelet Sandwich, with traditional Indian spices and Amul cheese.	USA	English-100	2025	RPT	PG	
2025-10-21	1030	Cooking	Secrets Of The Curry Kitchen	Finding Flavour	01	6	Chef Asma Khan celebrates herbs and marinades. Fenugreek Methi Chicken, the Hariyali baked version, and mouthwatering Tamarind Prawns.	UNITED KINGDOM	English-100	2025	RPT	PG	
2025-10-21	1100	Cooking	The Cook Up With Adam Liaw	Spiced Rice	06	70	What's better than rice? Spiced rice! See what Adam and his guests, Chef Claire Van Vuuren and comedian Mahmoud Toalil serve up.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-10-21	1130	Cooking	Donal's Family Food In Minutes	Big Roast, The	01	2	Donal takes on The Big Roast with four delicious recipes to get everyone cooking in the kitchen. First up the Roast Veggie Curry that is big and flavourful, it would immediately convert any meat-eater.	UNITED KINGDOM	English-100	2020	RPT	G	
2025-10-21	1200	Travel	Rick Stein's Food Stories	Kent	01	11	In Kent, The Garden of England, Rick harvests English cherries at a family-run farm. From Ramsgate he heads out to sea in search of Dover sole, his favourite fish.	UNITED KINGDOM	English-100	2023	RPT	PG	a w
2025-10-21	1230	Travel	Jason Atherton's Dubai Dishes	Tea And Coffee	01	7	Jason makes delicious recipes flavoured with tea and coffee, and learns how to serve a traditional Emirati cup of coffee. Chef Nick Alvis will be making a delicious sea bass and celeriac dish.	UNITED KINGDOM	English-100	2023	RPT	PG	
2025-10-21	1325	Cooking	Please Eat Slowly Bitesize	Yee Sang	01	2	Learn how to make mouth-watering Yee Sang, Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G	
2025-10-21	1330	Travel	Tareq Taylor's Nordic Cookery	Kiruna, Sweden	01	7	Tareq arrives in Kiruna, over 200km north of the Arctic Circle. With the weather getting down to -30C, this does not deter the locals from being outside for sport and food preparation.	SWEDEN	English-100	2013	RPT	PG	
2025-10-21	1400	Cooking	Donal's Real Time Recipes	End Of Week Wizardry	01	8	By the time Friday rolls around there is often a fridge full of odds and ends you want to use up before getting the big shop done. Learn how to make the most of them!	IRELAND	English-100	2024	RPT	G	
2025-10-21	1430	Cooking	Kriol Kitchen	Clifton Mamid: Tempura Fish & Blachung With Asian Style Salad	02	2	Clifton Mamid is a trained chef who draws on his grandfather's Malaysian influence and whips up three separate dishes that make for a scrumptious meal.	AUSTRALIA		2014	RPT	G	Y
2025-10-21	1500	Cooking	Rachael Ray's Meals In Minutes	Stellar Chicken With Dijon	01	17	You only need one skillet to make this 'stellar' sauteed chicken dinner served with sauteed vegetables and flavored with heavy cream, dijon mustard and imported beer.	USA	English-100	2022	RPT	G	
2025-10-21	1530	Cooking	My Market Kitchen	Episode 42	05	42	Balance your diet with pumpkin-seed hummus, and a Green Goodness bowl.	AUSTRALIA	English-100	2021	RPT	G	
2025-10-21	1600	Cooking	Lidia's Kitchen	Never Enough Pasta	10	17	First up, Lidia pulls together a simple fresh dish of Mezze Rigatoni with a Raw Tomato Sauce. Miles calls up looking for a way to refresh his leftover saucy ditalini and makes a Cheddar Frico filled with the pasta.	USA	English-100	2023		G	

2025-10-21	1630	Cooking	Mary Makes It Easy	Curd's The World	03	7	Bean curd, aka tofu, is the most common meat-sub for the veg-heads out there. But there's nothing common about Mary's new takes on tofu.	CANADA	English-100	2023	RPT	G				
2025-10-21	1700	Travel	Palisa Anderson's Water Heart Food	Third Culture Cooks	01	2	Palisa meets up with two old friends - fellow second-generation Thais Ari Walpole and Mahalia Barnes. They visit the Sydney Fish Market, reminisce about their childhood in Sydney over a sumptuous Thai lunch, and cook some delicious Thai-inspired recipes.	AUSTRALIA	English-100	2020	RPT	G			Y	
2025-10-21	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 27	08	27	Justine shows you just how simple it is to prepare a Classic Roast Duck and Potatoes and is later joined by Ronnit Hoppe who makes a Spicy Carrot Salad.	AUSTRALIA	English-100	2018		G				
2025-10-21	1800	Travel	Hidden Flavours Of India	Excitement	01	1	Our protagonist, Ruchi is a food enthusiast, writer, and national award winning documentary filmmaker.	INDIA	English-50; Hindi-50	2021	RPT	G			Y	
2025-10-21	1830	Cooking	Secrets Of The Curry Kitchen	Sumptuous Snacks	01	7	Chef Ama Khan makes spiced Kabab Burgers, crispy Monsoon Pakoras, flavourful Koftas and indulgent Chili Cheese Toasties-perfect sumptuous snacks.	UNITED KINGDOM	English-100	2025		PG			Y	
2025-10-21	1900	Cooking	The Cook Up With Adam Liaw	Tasty Express	06	71	Sounds like a train, but tastes way better: Chef Paul Farag and Everyday Gourmet host, Justine Schofield jump on board the tasty express with Adam.	AUSTRALIA	English-100	2023	RPT	G			Y	
2025-10-21	1930	Cooking	Silvia's Italian Masterclass	Power Of Bread	02	3	It is only fitting that a population so profoundly devoted to bread would boast an extensive collection of recipes for when it's past its prime.	AUSTRALIA	English-100	2024		G				
2025-10-21	2000	Cooking	Plat Du Tour	Episode 2	06	2	Chef Guillaume Brahimi celebrates the vibrant flavours of Southern France by recreating its most iconic dishes right here in Australia. Simmering with culinary tradition, Guillaume's menu includes rich and rustic Duck Breast with Tarbais Beans, the bold flavours of a Basque-style Shakshuka, and the hearty classic La Telle Setoise.	AUSTRALIA	English-99; French-1	2025	RPT	G			Y	
2025-10-21	2030	Cooking	Rachel Khoo's Chocolate	From Bean To Bar	01	3	Rachel Khoo explores chocolates fascinating journey from humble bean to delicious bar.	UNITED KINGDOM	English-100	2021		G				
2025-10-21	2130	Food Lifestyle	Gourmet Farmer	Money Matters	04	2	As the building of his new house on Fat Pig Farm gets underway, Matthew sets about improving other areas of the farm in preparation for his new farm-to-table restaurant. Produce needs to be source, the vegetable garden needs a major overhaul - but at the moment, there is a lot more money going out the door than coming in.	AUSTRALIA	English-100	2017	RPT	G			Y	
2025-10-21	2200	Travel	Luke Nguyen's India	Kerala Backwaters		6	Luke is navigating the enchanting Kerala Backwaters, a historical hub of the spice trade. Amidst the waterways, he searches for exquisite ingredients to craft an exceptional Backwaters culinary dish.	AUSTRALIA	English-99; Malayalam-1	2023	RPT	G		Y	Y	Y
2025-10-21	2230	Cooking	The Cook Up With Adam Liaw	Tasty Express	06	71	Sounds like a train, but tastes way better: Chef Paul Farag and Everyday Gourmet host, Justine Schofield jump on board the tasty express with Adam.	AUSTRALIA	English-100	2023	RPT	G			Y	
2025-10-21	2300	Cooking	The Cook And The Chef	Cooking With Grapes	01	12	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes, dried grapes, wine and vine leaves. These delicious ingredients are teamed beautifully with some other "liquid" treasures.	AUSTRALIA	English-100	2006	RPT	G				
2025-10-21	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 8	05	8	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna is in Inbroome to hear the stories of the Chinese settlers who live there, and taste some fantastic Cantonese cooking, while Maew revels in the lusciousness of persimmons in season.	AUSTRALIA	English-100	2005	RPT	G			Y	
2025-10-21	2400	Travel	Tareq Taylor's Nordic Cookery	Kiruna, Sweden	01	7	Tareq arrives in Kiruna, over 200km north of the Arctic Circle. With the weather getting down to -30C, this does not deter the locals from being outside for sport and food preparation.	SWEDEN	English-100	2013	RPT	PG				
2025-10-21	2430	Cooking	Silvia's Italian Masterclass	Power Of Bread	02	3	It is only fitting that a population so profoundly devoted to bread would boast an extensive collection of recipes for when it's past its prime.	AUSTRALIA	English-100	2024	RPT	G				
2025-10-21	2500	Cooking	Plat Du Tour	Episode 2	06	2	Chef Guillaume Brahimi celebrates the vibrant flavours of Southern France by recreating its most iconic dishes right here in Australia. Simmering with culinary tradition, Guillaume's menu includes rich and rustic Duck Breast with Tarbais Beans, the bold flavours of a Basque-style Shakshuka, and the hearty classic La Telle Setoise.	AUSTRALIA	English-99; French-1	2025	RPT	G			Y	
2025-10-21	2530	Cooking	Rachel Khoo's Chocolate	From Bean To Bar	01	3	Rachel Khoo explores chocolates fascinating journey from humble bean to delicious bar.	UNITED KINGDOM	English-100	2021	RPT	G				

2025-10-21	2630	Food Lifestyle	Gourmet Farmer	Money Matters	04	2	As the building of his new house on Fat Pig Farm gets underway, Matthew sets about improving other areas of the farm in preparation for his new farm-to-table restaurant. Produce needs to be source, the vegetable garden needs a major overhaul - but at the moment, there is a lot more money going out the door than coming in.	AUSTRALIA	English-100	2017	RPT	G	Y			
2025-10-21	2700	Travel	Luke Nguyen's India	Kerala Backwaters		6	Luke is navigating the enchanting Kerala Backwaters, a historical hub of the spice trade. Amidst the waterways, he searches for exquisite ingredients to craft an exceptional Backwaters culinary dish.	AUSTRALIA	English-99; Malayalam-1	2023	RPT	G	Y	Y	Y	
2025-10-21	2730	Cooking	The Cook Up With Adam Liaw	Tasty Express	06	71	Sounds like a train, but tastes way better: Chef Paul Farag and Everyday Gourmet host, Justine Schofield jump on board the tasty express with Adam.	AUSTRALIA	English-100	2023	RPT	G	Y			
2025-10-21	2800	Cooking	The Cook And The Chef	Cooking With Grapes	01	12	Raise a toast to the glorious grape as Simon and Maggie celebrate with the fruit of the vine. In Maggie's Barossa kitchen, they showcase a range of savoury and sweet dishes cooked with whole grapes, dried grapes, wine and vine leaves. These delicious ingredients are teamed beautifully with some other 'liquid' treasures.	AUSTRALIA	English-100	2006	RPT	G				
2025-10-21	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 8	05	8	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Joanna is in Broome to hear the stories of the Chinese settlers who live there, and taste some fantastic Cantonese cooking, while Maewe revels in the lusciousness of persimmons in season.	AUSTRALIA	English-100	2005	RPT	G	Y			
2025-10-22	0500	Travel	Tareq Taylor's Nordic Cookery	Kiruna, Sweden	01	7	Tareq arrives in Kiruna, over 200km north of the Arctic Circle. With the weather getting down to -30C, this does not deter the locals from being outside for sport and food preparation.	SWEDEN	English-100	2013	RPT	PG				
2025-10-22	0530	Travel	Jason Atherton's Dubai Dishes	Tea And Coffee	01	7	Jason makes delicious recipes flavoured with tea and coffee, and learns how to serve a traditional Emirati cup of coffee. Chef Nick Alvis will be making a delicious sea bass and celeriac dish.	UNITED KINGDOM	English-100	2023	RPT	PG				
2025-10-22	0625	Cooking	Please Eat Slowly Bitesize	Yee Sang	01	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G				
2025-10-22	0630	Cooking	Kriol Kitchen	Clifton Mamid: Tempura Fish & Blachung With Asian Style Salad	02	2	Clifton Mamid is a trained chef who draws on his grandfather's Malaysian influence and whips up three separate dishes that make for a scrumptious meal.	AUSTRALIA		2014	RPT	G	Y			
2025-10-22	0700	Cooking	Rachael Ray's Meals In Minutes	Stellar Chicken With Dijon	01	17	You only need one skillet to make this 'stellar' sauteed chicken dinner served with sauteed vegetables and flavored with heavy cream, dijon mustard and imported beer.	USA	English-100	2022	RPT	G				
2025-10-22	0730	Cooking	My Market Kitchen	Episode 42	05	42	Balance your diet with pumpkin-seed hummus, and a Green Goodness bowl.	AUSTRALIA	English-100	2021	RPT	G				
2025-10-22	0800	Cooking	Lidia's Kitchen	Never Enough Pasta	10	17	First up, Lidia pulls together a simple fresh dish of Mezze Rigatoni with a Raw Tomato Sauce. Miles calls up looking for a way to refresh his leftover saucy ditaimi and makes a Cheddar Frico filled with the pasta.	USA	English-100	2023	RPT	G				
2025-10-22	0830	Cooking	Mary Makes It Easy	Curd's The Word	03	7	Bean curd, aka tofu, is the most common meat-sub for the veg-heads out there. But there's nothing common about Mary's new takes on tofu.	CANADA	English-100	2023	RPT	G				
2025-10-22	0900	Travel	Palisa Anderson's Water Heart Food	Third Culture Cooks	01	2	Palisa meets up with two old friends - fellow second-generation Thais Ari Walpole and Mahalia Barnes. They visit the Sydney Fish Market, reminisce about their childhood in Sydney over a sumptuous Thai lunch, and cook some delicious Thai-inspired recipes.	AUSTRALIA	English-100	2020	RPT	G	Y			
2025-10-22	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 27	08	27	Justine shows you just how simple it is to prepare a Classic Roast Duck and Potatoes and is later joined by Ronnit Hoppe who makes a Spicy Carrot Salad.	AUSTRALIA	English-100	2018	RPT	G				
2025-10-22	1000	Travel	Hidden Flavours Of India	Excitement	01	1	Our protagonist, Ruchi is a food enthusiast, writer, and national award winning documentary filmmaker.	INDIA	English-50; Hindi-50	2021	RPT	G		Y		
2025-10-22	1030	Cooking	Secrets Of The Curry Kitchen	Sumptuous Snacks	01	7	Chef Asma Khan makes spiced Kabab Burgers, crispy Monsoon Pakoras, flavourful Koftas and indulgent Chili Cheese Toasties-perfect sumptuous snacks.	UNITED KINGDOM	English-100	2025	RPT	PG		Y		

2025-10-22	1100	Cooking	The Cook Up With Adam Liaw	Tasty Express	06	71	Sounds like a train, but tastes way better: Chef Paul Farag and Everyday Gourmet host, Justine Schofield jump on board the tasty express with Adam.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-22	1130	Cooking	Silvia's Italian Masterclass	Power Of Bread	02	3	It is only fitting that a population so profoundly devoted to bread would boast an extensive collection of recipes for when it's past its prime.	AUSTRALIA	English-100	2024	RPT	G		
2025-10-22	1200	Cooking	Plat Du Tour	Episode 2	06	2	Chef Guillaume Brahimi celebrates the vibrant flavours of Southern France by recreating its most iconic dishes right here in Australia. Simmering with culinary tradition, Guillaume's menu includes rich and rustic Duck Breast with Tarbais Beans, the bold flavours of a Basque-style Shakshuka, and the hearty classic La Telle Setoise.	AUSTRALIA	English-99; French-1	2025	RPT	G		Y
2025-10-22	1230	Travel	Jason Atherton's Dubai Dishes	Bakery	01	8	Jason proves that bread and pastries are a serious business in Dubai, with some delicious cheese pastry parcels and crumbly semolina and almond cake.	UNITED KINGDOM	English-100	2023	RPT	G		
2025-10-22	1325	Cooking	Please Eat Slowly Bitesize	Hand-Pulled Noodles	01	3	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	2022	RPT	G		
2025-10-22	1330	Travel	Tareq Taylor's Nordic Cookery	Aland	01	8	Tareq heads out to Aland, a group of 6700 islands situated between Sweden and Finland.	SWEDEN	English-100	2013	RPT	PG	a w	
2025-10-22	1400	Food Lifestyle	Legends Of The Fork	Generational Legacies	01	1	Visit the corner booth of the Arcade Restaurant in Memphis, where Elvis Presley once devoured fried peanut butter and banana sandwiches.	USA	English-100	2023	RPT	G		
2025-10-22	1430	Cooking	Kriol Kitchen	Hasimah Haji Noor: Spicy Chicken, Fried Chili Eggs & Spicy Malay Noodles	02	3	All of the dishes like Malaysian Spicy Chicken, Fried Chili Eggs and Spicy Malay Noodles have come across the ocean from Malaysia and Singapore, to Broome, from Hasimah's father.	AUSTRALIA		2014	RPT	G	Y	Y
2025-10-22	1500	Cooking	Rachael Ray's Meals in Minutes	Crispy Fish Tacos	01	18	You don't have to be intimidated to make fish tacos at home. Rachael is going to make a crispy flake cod fish taco with refried beans that you're going to love.	USA	English-100	2022	RPT	G		
2025-10-22	1530	Cooking	My Market Kitchen	Episode 43	05	43	Ben cooks an easy but delicious lemon meringue cheesecake.	AUSTRALIA	English-100	2021	RPT	G		
2025-10-22	1600	Cooking	Lidia's Kitchen	Tiny Kitchen, Big Flavor	10	18	Make your kitchen work for you Lidia whips up a personal favorite, Mushroom Ragu served over a bed of polenta.	USA	English-100	2023		G		
2025-10-22	1630	Cooking	Mary Makes It Easy	Throwback Desserts	03	8	Mary pays tribute to desserts that stand the test of time and have a nod to nostalgia in every bite, from banoffee pie to icebox cake.	CANADA	English-100	2023	RPT	G		
2025-10-22	1700	Travel	Palisa Anderson's Water Heart Food	On Origins	01	3	Palisa meets two well-known Sydney-based chefs to explore how cuisines from different countries can mingle and influence each other. Barbados-native Paul Carmichael uses two ingredients often used in Thai cuisine - coconut and pandan - to make a Cuban-inspired dessert, and Martin Boetz makes a Chinese-style Thai duck soup.	AUSTRALIA	English-100	2020	RPT	G		Y
2025-10-22	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 28	08	28	Laura Cassai stops by to make a simple Microwavable Couscous with Quinoa & Crisoy Trout. Justine also prepares simple Peking Duck Rice Paper Parcels and delicious Strawberry and Almond Bavarois.	AUSTRALIA	English-100	2018		G		
2025-10-22	1800	Travel	Hidden Flavours Of India	Resilient	01	2	The next morning Ruchi wakes up to the wonderful serenity of the land of the clouds, Meghalaya. What hidden flavours await?	INDIA	English-50; Hindi-50	2021	RPT	G		Y
2025-10-22	1830	Cooking	Secrets Of The Curry Kitchen	Star Vegetables	01	8	Chef Auma Khan celebrates vegetables with Shimla Mirch Paneer, 9 Jewel Korma, Pumpkin Niramish & a delicious Watermelon Curry-a feast of spices.	UNITED KINGDOM	English-100	2025		PG		
2025-10-22	1900	Cooking	The Cook Up With Adam Liaw	Honey	06	72	You'll be buzzing about the kitchen after seeing what Adam and his guests, hatted chefs Rosheen Kaul and Alekis Kalinis, can make with honey.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-22	1930	Cooking	Nadiya's Cook Once, Eat Twice	Feel Good Favourites	01	6	Tonight, Nadiya turns her attention to one of her favourite things, baking. Nadiya's fun packed, Cook Once Eat Twice recipes will bring joy and ease to both sweet and savoury bakes, helping us stretch our weekly shop further than we could imagine.	UNITED KINGDOM	English-100	2024	RPT	G		
2025-10-22	2000	Travel	Rachael Ray In Tuscany	Truffle Eggs With Chips And Chives	01	23	Living in Tuscany allows for the enjoyment of a long truffle season, Rachael shows how to use local truffles to add amazing flavor to a fun and decadent dish of scrambled eggs and potato chips.	USA	English-100	2022		PG	I	
2025-10-22	2030	Travel	Guillaume's French Atlantic	Episode 1	01	1	Get ready to tantalise your taste buds and immerse yourself in the picturesque beauty of Normandy as renowned chef Guillaume Brahimi takes you on an unforgettable gastronomic adventure in the premiere episode of Guillaume's French Atlantic.	AUSTRALIA	English-70; French-30	2023	RPT	PG	Y	Y

2025-10-22	2100	Travel	Adam Richman Eats Football	Newcastle United	2024	10	Adam is in Newcastle Upon Tyne to watch a Newcastle United home game. Before kick-off he's going to dive fork-first into the best of the local food scene.	UNITED KINGDOM	English-100	2024		PG				
2025-10-22	2130	Food Lifestyle	Gourmet Farmer	Happiness Is Handmade	04	3	As their new house nears completion, Matthew and Sadie turn their minds to filling it up with artisan, hand-made objects - be it a green-wood milk stool, a ceramic crock for sauerkraut, or a custom timber kitchen. And with the restaurant foundations finally being laid, Matthew goes in search of inspiration for dishes to put on the menu at Fat Pig Kitchen.	AUSTRALIA	English-100	2017	RPT	G		Y		
2025-10-22	2200	Travel	Luke Nguyen's India	Thekkady		7	Luke takes the Spice Trail to Thekkady, perched high in the Western Ghats mountain range. He delves into the aromatic world of spice plantations, savouring flavours straight from the source.	AUSTRALIA	English-100	2023	RPT	G		Y	Y	Y
2025-10-22	2230	Cooking	The Cook Up With Adam Liaw	Honey	06	72	You'll be buzzing about the kitchen after seeing what Adam and his guests, hatted chefs Rosheen Kaul and Aleksis Kalnins, can make with honey.	AUSTRALIA	English-100	2023	RPT	G		Y		
2025-10-22	2300	Cooking	The Cook And The Chef	Bbq's	01	13	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it -- be it for starters, main courses and even desserts. After a corporate BBQ for 12-hundred people, Simon joins Maggie for some smaller-scale cooking on a deck overlooking her picturesque Barossa dam.	AUSTRALIA	English-100	2006	RPT	PG				
2025-10-22	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 9	05	9	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maew visits the southern blue-fin tuna pens off the South Australian coast, and Joanna finds out why taro should be the new miracle ingredient, before heading to Dunk Island for an elegant taro dinner.	AUSTRALIA	English-100	2005	RPT	G		Y		
2025-10-22	2400	Travel	Tareq Taylor's Nordic Cookery	Aland	01	8	Tareq heads out to Aland, a group of 6700 islands situated between Sweden and Finland.	SWEDEN	English-100	2013	RPT	PG		a w		
2025-10-22	2430	Cooking	Nadiya's Cook Once, Eat Twice	Feel Good Favourites	01	6	Tonight, Nadiya turns her attention to one of her favourite things, baking. Nadiya's fun packed, Cook Once Eat Twice recipes will bring joy and ease to both sweet and savoury bakes, helping us stretch our weekly shop further than we could imagine.	UNITED KINGDOM	English-100	2024	RPT	G				
2025-10-22	2500	Travel	Rachael Ray In Tuscany	Truffle Eggs With Chips And Chives	01	23	Living in Tuscany allows for the enjoyment of a long truffle season, Rachael shows how to use local truffles to add amazing flavor to a fun and decadent dish of scrambled eggs and potato chips.	USA	English-100	2022	RPT	PG		I		
2025-10-22	2530	Travel	Guillaume's French Atlantic	Episode 1	01	1	Get ready to tantalise your taste buds and immerse yourself in the picturesque beauty of Normandy as renowned chef Guillaume Brahimi takes you on an unforgettable gastronomic adventure in the premiere episode of Guillaume's French Atlantic.	AUSTRALIA	English-70; French-30	2023	RPT	PG		Y	Y	
2025-10-22	2600	Travel	Adam Richman Eats Football	Newcastle United	2024	10	Adam is in Newcastle Upon Tyne to watch a Newcastle United home game. Before kick-off he's going to dive fork-first into the best of the local food scene.	UNITED KINGDOM	English-100	2024	RPT	PG				
2025-10-22	2630	Food Lifestyle	Gourmet Farmer	Happiness Is Handmade	04	3	As their new house nears completion, Matthew and Sadie turn their minds to filling it up with artisan, hand-made objects - be it a green-wood milk stool, a ceramic crock for sauerkraut, or a custom timber kitchen. And with the restaurant foundations finally being laid, Matthew goes in search of inspiration for dishes to put on the menu at Fat Pig Kitchen.	AUSTRALIA	English-100	2017	RPT	G		Y		
2025-10-22	2700	Travel	Luke Nguyen's India	Thekkady		7	Luke takes the Spice Trail to Thekkady, perched high in the Western Ghats mountain range. He delves into the aromatic world of spice plantations, savouring flavours straight from the source.	AUSTRALIA	English-100	2023	RPT	G		Y	Y	Y
2025-10-22	2730	Cooking	The Cook Up With Adam Liaw	Honey	06	72	You'll be buzzing about the kitchen after seeing what Adam and his guests, hatted chefs Rosheen Kaul and Aleksis Kalnins, can make with honey.	AUSTRALIA	English-100	2023	RPT	G		Y		
2025-10-22	2800	Cooking	The Cook And The Chef	Bbq's	01	13	Maggie and Simon celebrate the BBQ and show viewers how to get the most from it -- be it for starters, main courses and even desserts. After a corporate BBQ for 12-hundred people, Simon joins Maggie for some smaller-scale cooking on a deck overlooking her picturesque Barossa dam.	AUSTRALIA	English-100	2006	RPT	PG				
2025-10-22	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 9	05	9	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maew visits the southern blue-fin tuna pens off the South Australian coast, and Joanna finds out why taro should be the new miracle ingredient, before heading to Dunk Island for an elegant taro dinner.	AUSTRALIA	English-100	2005	RPT	G		Y		
2025-10-23	0500	Travel	Tareq Taylor's Nordic Cookery	Aland	01	8	Tareq heads out to Aland, a group of 6700 islands situated between Sweden and Finland.	SWEDEN	English-100	2013	RPT	PG		a w		
2025-10-23	0530	Travel	Jason Atherton's Dubai Dishes	Bakery	01	8	Jason proves that bread and pastries are a serious business in Dubai, with some delicious cheese pastry parcels and crumbly semolina and almond cake.	UNITED KINGDOM	English-100	2023	RPT	G				
2025-10-23	0625	Cooking	Please Eat Slowly Bitesize	Hand-Pulled Noodles	01	3	Victor shows how easy it is to make fresh noodles at home: all you need is flour, water and a little bit of time!	AUSTRALIA	English-100	2022	RPT	G				
2025-10-23	0630	Cooking	Kriol Kitchen	Hasimah Haji Noor: Spicy Chicken, Fried Chili Eggs & Spicy Malay Noodles	02	3	All of the dishes like Malaysian Spicy Chicken, Fried Chili Eggs and Spicy Malay Noodles have come across the ocean from Malaysia and Singapore, to Broome, from Hasimah's father.	AUSTRALIA		2014	RPT	G		Y	Y	

2025-10-23	0700	Cooking	Rachael Ray's Meals In Minutes	Crispy Fish Tacos	01	18	You don't have to be intimidated to make fish tacos at home. Rachael is going to make a crispy flake cod fish taco with refried beans that you're going to love.	USA	English-100	2022	RPT	G	
2025-10-23	0730	Cooking	My Market Kitchen	Episode 43	05	43	Ben cooks an easy but delicious lemon meringue cheesecake.	AUSTRALIA	English-100	2021	RPT	G	
2025-10-23	0800	Cooking	Lidia's Kitchen	Tiny Kitchen, Big Flavor	10	18	Make your kitchen work for you Lidia whips up a personal favorite, Mushroom Ragu served over a bed of polenta.	USA	English-100	2023	RPT	G	
2025-10-23	0830	Cooking	Mary Makes It Easy	Throwback Desserts	03	8	Mary pays tribute to desserts that stand the test of time and have a nod to nostalgia in every bite, from banoffee pie to icebox cake.	CANADA	English-100	2023	RPT	G	
2025-10-23	0900	Travel	Palisa Anderson's Water Heart Food	On Origins	01	3	Palisa meets two well-known Sydney-based chefs to explore how cuisines from different countries can mingle and influence each other. Barbados-native Paul Carmichael uses two ingredients often used in Thai cuisine - coconut and pandan - to make a Cuban-inspired dessert, and Martin Boetz makes a Chinese-style Thai duck soup.	AUSTRALIA	English-100	2020	RPT	G	Y
2025-10-23	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 28	08	28	Laura Cassai stops by to make a simple Microwavable Couscous with Quinoa & Crisoy Trout. Justine also prepares simple Peking Duck Rice Paper Parcels and delicious Strawberry and Almond Bavaois.	AUSTRALIA	English-100	2018	RPT	G	
2025-10-23	1000	Travel	Hidden Flavours Of India	Resilient	01	2	The next morning Ruchi wakes up to the wonderful serenity of the land of the clouds, Meghalaya. What hidden flavours await?	INDIA	English-50; Hindi-50	2021	RPT	G	Y
2025-10-23	1030	Cooking	Secrets Of The Curry Kitchen	Star Vegetables	01	8	Chef Asma Khan celebrates vegetables with Shimla Mirch Paneer, 9 Jewel Korma, Pumpkin Niramish & a delicious Watermelon Curry-a feast of spices.	UNITED KINGDOM	English-100	2025	RPT	PG	
2025-10-23	1100	Cooking	The Cook Up With Adam Liaw	Honey	06	72	You'll be buzzing about the kitchen after seeing what Adam and his guests, hatted chefs Rosheen Kaul and Alekx Kalinos, can make with honey.	AUSTRALIA	English-100	2023	RPT	G	Y
2025-10-23	1130	Cooking	Nadiya's Cook Once, Eat Twice	Feel Good Favourites	01	6	Tonight, Nadiya turns her attention to one of her favourite things, baking. Nadiya's fun packed, Cook Once Eat Twice recipes will bring joy and ease to both sweet and savoury bakes, helping us stretch our weekly shop further than we could imagine.	UNITED KINGDOM	English-100	2024	RPT	G	
2025-10-23	1200	Travel	Rachael Ray In Tuscany	Truffle Eggs With Chips And Chives	01	23	Living in Tuscany allows for the enjoyment of a long truffle season, Rachael shows how to use local truffles to add amazing flavor to a fun and decadent dish of scrambled eggs and potato chips.	USA	English-100	2022	RPT	PG	I
2025-10-23	1230	Travel	Jason Atherton's Dubai Dishes	Dubai Innovations	01	9	Jason cooks up some classic British and French dishes from his first time in Dubai over 20 years ago. He celebrates his dear friend Gary Rhodes and cook up some classic Rhodes dishes.	UNITED KINGDOM	English-100	2023	RPT	G	
2025-10-23	1325	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	01	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G	
2025-10-23	1330	Travel	Tareq Taylor's Nordic Cookery	Roros, Norway	02	1	In each episode, chef Tareq Taylor explores a Nordic region, searching out fantastic ingredients, meeting extraordinary people, and preparing his own versions of delicious recipes along the way.	SWEDEN	English-100	2013	RPT	PG	
2025-10-23	1400	Food Lifestyle	Legends Of The Fork	Humble Beginnings	01	2	Buddy visits two restaurants that thrive on recipes handed down through generations. First, he heads to Mamoun's Falafel, an iconic Middle Eastern joint in New York City's Greenwich Village.	USA	English-100	2023	RPT	G	
2025-10-23	1430	Cooking	Kriol Kitchen	Ali & Mitch Torres: Birriga Birriga (Pippies) Soup & Goolli (Turtle) Chili Tamarind Sambal	02	4	Drawing on the local seafood from Roebuck Bay, Ali and Mitch takes us to a childhood location that has on many occasions fed their family well with shellfish, fish and turtle aplenty.	AUSTRALIA		2014	RPT	G	Y
2025-10-23	1500	Cooking	Rachael Ray's Meals In Minutes	Sweet Onion Burgers With Blue Cheese And Special Sauce	01	19	Rachael is cooking up some serious comfort food today and with this much flavour, you'd never guess that these robust bull's eye burgers topped with onions and blue cheese sauce are plant-based.	USA	English-100	2022	RPT	G	
2025-10-23	1530	Cooking	My Market Kitchen	Episode 44	05	44	Ben takes a trip down memory lane as he plates up a very naughty dish from his childhood - donut sandwiches. After that, Ben enlightens us on his time spent in Morocco and pays tribute to those experiences with his Harira. Lastly, chef Karen Chan joins Ben to throw a Korean Bibimbap party.	AUSTRALIA	English-100	2021	RPT	PG	
2025-10-23	1600	Cooking	Lidia's Kitchen	Switch Up The Spice	10	19	Spice doesn't always mean heat, it can be delicate and complex or big & bold.	USA	English-100	2023		G	

2025-10-23	1630	Cooking	Mary Makes It Easy	Relay Smart Cooking	03	9	A kitchen relay is Mary's antidote to monotonous meal prep. Mary's double-duty prep tips save future-you on oodles of cooking time.	CANADA	English-100	2023	RPT	G				
2025-10-23	1700	Travel	Palisa Anderson's Water Heart Food	Sauce Of It All, The	01	4	Palisa visits two well-known Byron-based chefs to explore the idea of combining traditional cooking methods with the use of the local ingredients. Ben Devlin of Pigit restaurant experiments with the Thai concept of fish sauce, making a variety of unusual garums. Jason Saxby adapts traditional Italian recipes by using local Australian ingredients. Palisa and Jason engage in a cook off, each making their version of kangaroo tartare - one Italian-style, one Thai-style.	AUSTRALIA	English-100	2020	RPT	G			Y	
2025-10-23	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 29	08	29	Justine shares a party favourite, Eggs Mimosa with Olive Paste and Diana Chan shares her Malaysian Fish Curry recipe.	AUSTRALIA	English-100	2018		G				
2025-10-23	1800	Travel	Hidden Flavours Of India	Triumphant	01	3	To know more about the food of a place the best option is to visit its bazaars. So Ruchi visits the main market of Shillong, Lewduh, also called Bara bazar.	INDIA	English-50; Hindi-50	2021	RPT	G			Y	
2025-10-23	1830	Cooking	Secrets Of The Curry Kitchen	Street Food	01	9	Chef Asma Khan celebrates the joy of street food, featuring Chicken Momos, Potato and Sweetcorn Patties, Lamb Jalli Kabab and Paneer Skewers.	UNITED KINGDOM	English-100	2025		PG				
2025-10-23	1900	Cooking	The Cook Up With Adam Liaw	Dream Dinners	06	73	It's a night of dream dinners, as Adam and his guests, Sijori Malay Food founder Engku Putri Ima Mysara and Bar Louise's Head Chef Marcelo Munoz make their ultimate dinner recipes.	AUSTRALIA	English-100	2023	RPT	G			Y	
2025-10-23	1930	Travel	Beyond Bali With Lara Lee	Sumba: Between Past And Present	01	5	In the wild and wondrous island of Sumba, Lara Lee uncovers ancient beliefs, powerful community bonds and unique local flavours-from spicy anchovy sambal to smoky goat roasted on an open fire.	AUSTRALIA	English-90; Indonesian-10	2025		PG		Y	Y	
2025-10-23	2030	Cooking	Marion Grasby's Flavours: Heart And Home	Traditions Old & New	01	2	Marion explores family traditions, from Mama Noi's spring rolls to homemade miso and Korean beef stew, celebrating the way food connects generations and cultures.	AUSTRALIA	English-99; Thai-1	2024	RPT	G			Y	
2025-10-23	2100	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 2	01	2	Analeise makes the most of a busy spring as she starts to build her pantry and kitchen garden, before going diving for wild scallops at a friend's secret diving spot.	AUSTRALIA	English-100	2021	RPT	G			Y	
2025-10-23	2130	Food Lifestyle	Gourmet Farmer	Nose To Tail	04	4	After slaughtering a cow on the farm, Matthew Evans wants to honour its life with a complete nose to tail experience - meaning using its meat, its offal, and its hide.	AUSTRALIA	English-100	2017	RPT	PG	a w		Y	
2025-10-23	2200	Travel	Luke Nguyen's India	Maduri		8	Madurai, the spiritual heartbeat of Tamil Nadu, is Luke's next stop on a tantalising tour. Teaming up with local foodie journalist Harini, they unveil culinary gems known only to the city's insiders.	AUSTRALIA	English-99; Tamil-1	2023	RPT	PG		Y	Y	Y
2025-10-23	2230	Cooking	The Cook Up With Adam Liaw	Dream Dinners	06	73	It's a night of dream dinners, as Adam and his guests, Sijori Malay Food founder Engku Putri Ima Mysara and Bar Louise's Head Chef Marcelo Munoz make their ultimate dinner recipes.	AUSTRALIA	English-100	2023	RPT	G			Y	
2025-10-23	2300	Cooking	The Cook And The Chef	An Autumn Party	01	14	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season: the best fruits are ripening, it's still warm enough to eat outside with friends, and it's a great opportunity to cook with her wood-oven.	AUSTRALIA	English-100	2006	RPT	G				
2025-10-23	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 10	05	10	Maevie O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maevie discovers the secrets of saffron and a few facts about the world's most expensive spice, and later we revel in Byron Bay cookery writer Nadine Abensur's 'new vegetarian' creations.	AUSTRALIA	English-100	2005	RPT	G			Y	
2025-10-23	2400	Travel	Tareq Taylor's Nordic Cookery	Roros, Norway	02	1	In each episode, chef Tareq Taylor explores a Nordic region, searching out fantastic ingredients, meeting extraordinary people, and preparing his own versions of delicious recipes along the way.	SWEDEN	English-100	2013	RPT	PG				
2025-10-23	2430	Travel	Beyond Bali With Lara Lee	Sumba: Between Past And Present	01	5	In the wild and wondrous island of Sumba, Lara Lee uncovers ancient beliefs, powerful community bonds and unique local flavours-from spicy anchovy sambal to smoky goat roasted on an open fire.	AUSTRALIA	English-90; Indonesian-10	2025	RPT	PG		Y	Y	
2025-10-23	2530	Cooking	Marion Grasby's Flavours: Heart And Home	Traditions Old & New	01	2	Marion explores family traditions, from Mama Noi's spring rolls to homemade miso and Korean beef stew, celebrating the way food connects generations and cultures.	AUSTRALIA	English-99; Thai-1	2024	RPT	G			Y	
2025-10-23	2600	Cooking	Girls Guide:Hunting Fishing Wild Cooking	Ep 2	01	2	Analeise makes the most of a busy spring as she starts to build her pantry and kitchen garden, before going diving for wild scallops at a friend's secret diving spot.	AUSTRALIA	English-100	2021	RPT	G			Y	

2025-10-23	2630	Food Lifestyle	Gourmet Farmer	Nose To Tail	04	4	After slaughtering a cow on the farm, Matthew Evans wants to honour its life with a complete nose to tail experience - meaning using its meat, its offal, and its hide.	AUSTRALIA	English-100	2017	RPT	PG	a w	Y			
2025-10-23	2700	Travel	Luke Nguyen's India	Maduri		8	Madurai, the spiritual heartbeat of Tamil Nadu, is Luke's next stop on a tantalising tour. Teaming up with local foodie journalist Harini, they unveil culinary gems known only to the city's insiders.	AUSTRALIA	English-99; Tamil-1	2023	RPT	PG		Y	Y	Y	
2025-10-23	2730	Cooking	The Cook Up With Adam Liaw	Dream Dinners	06	73	It's a night of dream dinners, as Adam and his guests, Sijori Malay Food founder Engku Putri Ima Mysara and Bar Louise's Head Chef Marcelo Munoz make their ultimate dinner recipes.	AUSTRALIA	English-100	2023	RPT	G		Y			
2025-10-23	2800	Cooking	The Cook And The Chef	An Autumn Party	01	14	Maggie introduces Simon to her outdoor wood-fired oven, and he uses it to make some pottery with a very special meal inside. Autumn is Maggie's favourite season: the best fruits are ripening, it's still warm enough to eat outside with friends, and it's a great opportunity to cook with her wood-oven.	AUSTRALIA	English-100	2006	RPT	G					
2025-10-23	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 10	05	10	Maewie O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maewie discovers the secrets of saffron and a few facts about the world's most expensive spice, and later we revel in Byron Bay cookery writer Nadine Abensur's 'new vegetarian' creations.	AUSTRALIA	English-100	2005	RPT	G		Y			
2025-10-24	0500	Travel	Tareq Taylor's Nordic Cookery	Roros, Norway	02	1	In each episode, chef Tareq Taylor explores a Nordic region, searching out fantastic ingredients, meeting extraordinary people, and preparing his own versions of delicious recipes along the way.	SWEDEN	English-100	2013	RPT	PG					
2025-10-24	0530	Travel	Jason Atherton's Dubai Dishes	Dubai Innovations	01	9	Jason cooks up some classic British and French dishes from his first time in Dubai over 20 years ago. He celebrates his dear friend Gary Rhodes and cook up some classic Rhodes dishes.	UNITED KINGDOM	English-100	2023	RPT	G					
2025-10-24	0625	Cooking	Please Eat Slowly Bitesize	Steamed Whole Fish	01	4	Victor shares how to prepare a whole fish, as well as some tips on how to steam a whole fish when you don't have a large enough steaming basket.	AUSTRALIA	English-100	2022	RPT	G					
2025-10-24	0630	Cooking	Kriol Kitchen	Ali & Mitch Torres: Birriga (Pippies) Soup & Goolli (Turtle) Chilli Tamarind Sambal	02	4	Drawing on the local seafood from Roebuck Bay, Ali and Mitch takes us to a childhood location that has on many occasions fed their family well with shellfish, fish and turtle aplenty.	AUSTRALIA		2014	RPT	G		Y			
2025-10-24	0700	Cooking	Rachael Ray's Meals In Minutes	Sweet Onion Burgers With Blue Cheese And Special Sauce	01	19	Rachael is cooking up some serious comfort food today and with this much flavour, you'd never guess that these robust bull's eye burgers topped with onions and blue cheese sauce are plant-based.	USA	English-100	2022	RPT	G					
2025-10-24	0730	Cooking	My Market Kitchen	Episode 44	05	44	Ben takes a trip down memory lane as he plates up a very naughty dish from his childhood - donut sandwiches. After that, Ben enlightens us on his time spent in Morocco and pays tribute to those experiences with his Harira. Lastly, chef Karen Chan joins Ben to throw a Korean Bibimbap party.	AUSTRALIA	English-100	2021	RPT	PG					
2025-10-24	0800	Cooking	Lidia's Kitchen	Switch Up The Spice	10	19	Spice doesn't always mean heat, it can be delicate and complex or big & bold.	USA	English-100	2023	RPT	G					
2025-10-24	0830	Cooking	Mary Makes It Easy	Relay Smart Cooking	03	9	A kitchen relay is Mary's antidote to monotonous meal prep. Mary's double-duty prep tips save future-you on oodles of cooking time.	CANADA	English-100	2023	RPT	G					
2025-10-24	0900	Travel	Palisa Anderson's Water Heart Food	Sauce Of It All, The	01	4	Palisa visits two well-known Byron-based chefs to explore the idea of combining traditional cooking methods with the use of the local ingredients. Ben Devlin of Pipit restaurant experiments with the Thai concept of fish sauce, making a variety of unusual garums. Jason Saxby adapts traditional Italian recipes by using local Australian ingredients. Palisa and Jason engage in a cook off, each making their version of kangaroo tartare - one Italian-style, one Thai-style.	AUSTRALIA	English-100	2020	RPT	G		Y			
2025-10-24	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 29	08	29	Justine shares a party favourite, Eggs Mimosa with Olive Paste and Diana Chan shares her Malaysian Fish Curry recipe.	AUSTRALIA	English-100	2018	RPT	G					
2025-10-24	1000	Travel	Hidden Flavours Of India	Triumphant	01	3	To know more about the food of a place the best option is to visit its bazaars. So Ruchi visits the main market of Shillong, Lewduh, also called Bara bazar.	INDIA	English-50; Hindi-50	2021	RPT	G			Y		
2025-10-24	1030	Cooking	Secrets Of The Curry Kitchen	Street Food	01	9	Chef Auma Khan celebrates the joy of street food, featuring Chicken Momos, Potato and Sweetcorn Patties, Lamb Jali Kabab and Paneer Skewers.	UNITED KINGDOM	English-100	2025	RPT	PG					
2025-10-24	1100	Cooking	The Cook Up With Adam Liaw	Dream Dinners	06	73	It's a night of dream dinners, as Adam and his guests, Sijori Malay Food founder Engku Putri Ima Mysara and Bar Louise's Head Chef Marcelo Munoz make their ultimate dinner recipes.	AUSTRALIA	English-100	2023	RPT	G		Y			
2025-10-24	1130	Travel	Beyond Bali With Lara Lee	Sumba: Between Past And Present	01	5	In the wild and wondrous island of Sumba, Lara Lee uncovers ancient beliefs, powerful community bonds and unique local flavours-from spicy anchovy sambal to smoky goat roasted on an open fire.	AUSTRALIA	English-80; Indonesian-10	2025	RPT	PG		Y	Y		

2025-10-24	1230	Travel	Jason Atherton's Dubai Dishes	Herbs	01	10	Jason Atherton's Dubai journey concludes with a bunch of fresh herb dishes inspired by the region. On the menu - a tangy tabouleh with grated cauliflower and a lobster sashimi with frozen herb snow.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	
2025-10-24	1325	Cooking	Please Eat Slowly Bitesize	Claypot Rice	01	5	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	2022	RPT	G		
2025-10-24	1330	Travel	Tareq Taylor's Nordic Cookery	Faroe Islands	02	2	Situated north of Scotland, living on this collection of eighteen islands has always be a struggle for survival.	SWEDEN	English-100	2013	RPT	PG	a w	
2025-10-24	1400	Food Lifestyle	Legends Of The Fork	Meat Madness	01	3	Get ready for the meat sweats, because in this episode, Buddy's hitting up two iconic spots that don't skimp on the meat.	USA	English-100	2023	RPT	PG		
2025-10-24	1430	Cooking	Kriol Kitchen	Dwes Wiggan - Dann: Chilli Fish & Mango Cheesecake With Bush Passionfruit Topping	02	5	Dwes cooks a favourite dish shared with him by one of his Aunties, and gives the Malaysian chilli fish dish a local twist.	AUSTRALIA		2014	RPT	G	Y	
2025-10-24	1500	Cooking	Rachael Ray's Meals In Minutes	Pork Cutlets With Huckleberry Sauce	01	20	Rachael teaches us how to make a family favorite recipe of pork cutlets with a fruity and savory huckleberry sauce, served alongside potato salad with broccoli and fresh cherry tomatoes.	USA	English-100	2022	RPT	PG		
2025-10-24	1530	Cooking	My Market Kitchen	Episode 45	05	45	Ben and wine expert Belinda create a delicious gnocchi alla romana with mushrooms.	AUSTRALIA	English-100	2021	RPT	G		
2025-10-24	1600	Cooking	Lidia's Kitchen	Colorful Inspiration	10	20	The colors Lidia finds in her garden and at the market inspire her to cook! Vibrant yellow cherry tomatoes motivated Lidia to make her Spaghetti with Yellow Tomato Pesto	USA	English-100	2023		G		
2025-10-24	1630	Cooking	Mary Makes It Easy	Braising The Steaks	03	10	Mary's tender braising recipes feel like kitchen magic, like braised blade steak and butter beans, or braised cabbage with crispy topping.	CANADA	English-100	2023	RPT	G		
2025-10-24	1700	Travel	Palisa Anderson's Water Heart Food	Cooking Country	01	5	In Thailand, foraging for wild ingredients and living off what the land provides is a big part of the way people live. In Byron, indigenous woman Arabella Douglas forages for native ingredients and supplies chefs such as Josh Lewis of Fleet Restaurant. After Josh cooks Palisa a dish using emu eggs, she heads to collect pipis with Arabella, and then partake in a sumptuous campfire cook up of local seafood.	AUSTRALIA	English-100	2020	RPT	PG	a l w	Y
2025-10-24	1730	Cooking	Everyday Gourmet With Justine Schofield	Episode 30	08	30	Tobie Puttock joins Justine to prove just how wonderful Brussels sprouts can be with his simple Roast Brussels Sprouts with Crispy Bacon recipe, Justine also prepares a Quick Seafood Marinara Stew.	AUSTRALIA	English-100	2018		G		
2025-10-24	1800	Travel	Hidden Flavours Of India	Courage	01	4	Meet food tech entrepreneur Hironmoy, who wants to make local food global through his enterprise "Goan Ita Khana" (village food). He feels that he can take on international companies everywhere!	INDIA	English-50; Hindi-50	2021	RPT	G		Y
2025-10-24	1830	Cooking	Secrets Of The Curry Kitchen	Best Of Bengal	01	10	Asma loves cooking Bengali influenced food. On the menu is her mother's Prawn Malakari, spicy omelette, a rich fish curry & a coconut dessert.	UNITED KINGDOM	English-100	2025		PG		
2025-10-24	1900	Cooking	The Cook Up With Adam Liaw	Sweet Classics	06	74	Sweet tooths, rejoice! Acclaimed chefs, Alex Wong and Jung Eun Chae joins Adam in the kitchen to make classic desserts.	AUSTRALIA	English-100	2023	RPT	G	Y	
2025-10-24	1930	Travel	Two Greedy Italians	Regional Pride	01	3	Chef Antonio Carluccio returns to his home town of Borgofranco, in the Italian Piedmont region, to look at whether the rivalry between north and south is as strong as ever. He and Gennaro Contaldo take part in traditional celebrations in Asti, where tension reaches boiling point during a horse race, and discover the new array of ingredients brought in by immigrants at the Turin vegetable market.	UNITED KINGDOM	English-100	2011	RPT	G	Y	
2025-10-24	2040	Food Lifestyle	The Streets Hong Kong	Ep 3	01	3	Dan heads to a popular local venue on Hong Kong Island to discover why they are renowned for their flavourful canteen. He then meets up with Archan Chan, to experience innovative delicacies.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G	Y	
2025-10-24	2110	Food Lifestyle	The Streets Hong Kong	Ep 4	01	4	Dan ventures out of the city in search of an old school Hakka dumpling house. He then visits the last remaining underground roasting facility to discover the art of Chinese style roast pork.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G	Y	
2025-10-24	2140	Food Lifestyle	Gourmet Farmer	Wallaby, Mushroom And Chips	04	5	With native wallabies grazing the same pasture as his livestock, Matthew Evans needs to come up with a solution that allows both to co-exist.	AUSTRALIA	English-100	2017	RPT	PG	a w	Y

2025-10-24	2205	Travel	Luke Nguyen's India	Chettinad	9	Luke embarks on a trip to Chettinad, a hub of global merchants of yesteryears. He sizzles with the tantalizing pepper chicken and mutton sukka, and delves into Chettinad's storied history.	AUSTRALIA	English-95; Tamil-5	2023	RPT	G		Y	Y	Y	
2025-10-24	2230	Cooking	The Cook Up With Adam Liaw	Sweet Classics	06	74	Sweet tooths, rejoice! Acclaimed chefs, Alex Wong and Jung Eun Chae joins Adam in the kitchen to make classic desserts.	AUSTRALIA	English-100	2023	RPT	G		Y		
2025-10-24	2300	Cooking	The Cook And The Chef	Autumn Fruit And Nuts	01	15	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa. She visits a winery where everything is done using time honoured methods and uses the by-product of the winemaking process to put a new spin on the good old Sausage.	AUSTRALIA	English-100	2006	RPT	G				
2025-10-24	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 11	05	11	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maew takes us blue swimmer crab harvesting in Western Australian waters, while Joanna wades through the rice paddies of the Riverina and has lunch with a four-generation Italian rice-farming family.	AUSTRALIA	English-100	2005	RPT	G		Y		
2025-10-24	2400	Travel	Tareq Taylor's Nordic Cookery	Faroe Islands	02	2	Situated north of Scotland, living on this collection of eighteen islands has always be a struggle for survival.	SWEDEN	English-100	2013	RPT	PG	a w			
2025-10-24	2430	Travel	Two Greedy Italians	Regional Pride	01	3	Chef Antonio Carluccio returns to his home town of Borgofranco, in the Italian Piedmont region, to look at whether the rivalry between north and south is as strong as ever. He and Gennaro Contaldo take part in traditional celebrations in Asti, where tension reaches boiling point during a horse race, and discover the new array of ingredients brought in by immigrants at the Turin vegetable market.	UNITED KINGDOM	English-100	2011	RPT	G		Y	Y	
2025-10-24	2540	Food Lifestyle	The Streets Hong Kong	Ep 3	01	3	Dan heads to a popular local venue on Hong Kong Island to discover why they are renowned for their flavourful congee. He then meets up with Archan Chan, to experience innovative delicacies.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G		Y		
2025-10-24	2610	Food Lifestyle	The Streets Hong Kong	Ep 4	01	4	Dan ventures out of the city in search of an old school Hakka dumpling house. He then visits the last remaining underground roasting facility to discover the art of Chinese style roast pork.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G		Y		
2025-10-24	2640	Food Lifestyle	Gourmet Farmer	Wallaby, Mushroom And Chips	04	5	With native wallabies grazing the same pasture as his livestock, Matthew Evans needs to come up with a solution that allows both to co-exist.	AUSTRALIA	English-100	2017	RPT	PG	a w	Y		
2025-10-24	2705	Travel	Luke Nguyen's India	Chettinad	9	Luke embarks on a trip to Chettinad, a hub of global merchants of yesteryears. He sizzles with the tantalizing pepper chicken and mutton sukka, and delves into Chettinad's storied history.	AUSTRALIA	English-95; Tamil-5	2023	RPT	G		Y	Y	Y	
2025-10-24	2730	Cooking	The Cook Up With Adam Liaw	Sweet Classics	06	74	Sweet tooths, rejoice! Acclaimed chefs, Alex Wong and Jung Eun Chae joins Adam in the kitchen to make classic desserts.	AUSTRALIA	English-100	2023	RPT	G		Y		
2025-10-24	2800	Cooking	The Cook And The Chef	Autumn Fruit And Nuts	01	15	Its Autumn and the new seasons array of Fruit and Nuts sees Maggie and Simon whip up a collection of captivating flavours. For Maggie, Autumn means Vintage in the Barossa. She visits a winery where everything is done using time honoured methods and uses the by-product of the winemaking process to put a new spin on the good old Sausage.	AUSTRALIA	English-100	2006	RPT	G				
2025-10-24	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 11	05	11	Maew O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maew takes us blue swimmer crab harvesting in Western Australian waters, while Joanna wades through the	AUSTRALIA	English-100	2005	RPT	G		Y		

2025-10-25	0500	Travel	Tareq Taylor's Nordic Cookery	Faroe Islands	02	2	Situated north of Scotland, living on this collection of eighteen islands has always be a struggle for survival.	SWEDEN	English-100	2013	RPT	PG	a w	
2025-10-25	0530	Travel	Jason Atherton's Dubai Dishes	Herbs	01	10	Jason Atherton's Dubai journey concludes with a bunch of fresh herby dishes inspired by the region. On the menu - a tangy tabouleh with grated cauliflower and a lobster sashimi with frozen herb snow.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	
2025-10-25	0625	Cooking	Please Eat Slowly Bitesize	Claypot Rice	01	5	What does a chef eat when he's at home? For Victor it's claypot rice. It's a one-pot dish that's soft, crispy, chewy and savoury all-in-one. Victor talks through which claypot is best to use, and how you can achieve fluffy rice plus a crispy bottom layer without burning.	AUSTRALIA	English-100	2022	RPT	G		
2025-10-25	0630	Cooking	Kriel Kitchen	Dwes Wigin - Dann: Chili Fish & Mango Cheesecake With Bush Passionfruit Topping	02	5	Dwes cooks a favourite dish shared with him by one of his Aunties, and gives the Malaysian chilli fish dish a local twist.	AUSTRALIA		2014	RPT	G	Y	
2025-10-25	0700	Cooking	Rachael Ray's Meals In Minutes	Pork Cutlets With Huckleberry Sauce	01	20	Rachael teaches us how to make a family favorite recipe of pork cutlets with a fruity and savory huckleberry sauce, served alongside potato salad with broccolini and fresh cherry tomatoes.	USA	English-100	2022	RPT	PG		
2025-10-25	0730	Cooking	My Market Kitchen	Episode 45	05	45	Ben and wine expert Belinda create a delicious gnocchi alla romana with mushrooms.	AUSTRALIA	English-100	2021	RPT	G		
2025-10-25	0800	Cooking	Lidia's Kitchen	Colorful Inspiration	10	20	The colors Lidia finds in her garden and at the market inspire her to cook! Vibrant yellow cherry tomatoes motivated Lidia to make her Spaghetti with Yellow Tomato Pesto	USA	English-100	2023	RPT	G		
2025-10-25	0830	Cooking	Mary Makes It Easy	Braising The Stakes	03	10	Mary's tender braising recipes feel like kitchen magic, like braised blade steak and butter beans, or braised cabbage with crispy topping.	CANADA	English-100	2023	RPT	G		
2025-10-25	0900	Travel	Palisa Anderson's Water Heart Food	Cooking Country	01	5	In Thailand, foraging for wild ingredients and living off what the land provides is a big part of the way people live. In Byron, Indigenous woman Arabella Douglas forages for native ingredients and supplies chefs such as Josh Lewis of Fleet Restaurant. After Josh cooks Palisa a dish using emu eggs, she heads to collect pips with Arabella, and then partake in a sumptuous campfire cook up of local seafood.	AUSTRALIA	English-100	2020	RPT	PG	a l w	Y
2025-10-25	0930	Cooking	Everyday Gourmet With Justine Schofield	Episode 30	08	30	Tobie Puttock joins Justine to prove just how wonderful Brussels sprouts can be with his simple Roast Brussels Sprouts with Crispy Bacon recipe. Justine also prepares a Quick Seafood Marinara Stew.	AUSTRALIA	English-100	2018	RPT	G		
2025-10-25	1000	Travel	Hidden Flavours Of India	Courage	01	4	Meet food tech entrepreneur Hirannoy, who wants to make local food global through his enterprise "Goan Ha Khana" (village food). He feels that he can take on international companies everywhere!	INDIA	English-50; Hindi-50	2021	RPT	G		Y
2025-10-25	1030	Cooking	Secrets Of The Curry Kitchen	Best Of Bengal	01	10	Asma loves cooking Bengali influenced food. On the menu is her mother's Prawn Malakari, spicy omelette, a rich fish curry & a coconut dessert.	UNITED KINGDOM	English-100	2025	RPT	PG		
2025-10-25	1100	Cooking	The Cook Up With Adam Liaw	Sweet Classics	06	74	Sweet tooths, rejoice! Acclaimed chefs, Alex Wong and Jung Eun Chae joins Adam in the kitchen to make classic desserts.	AUSTRALIA	English-100	2023	RPT	G		Y
2025-10-25	1130	Travel	Two Greedy Italians	Regional Pride	01	3	Chef Antonio Carluccio returns to his home town of Borgofranco, in the Italian Piedmont region, to look at whether the rivalry between north and south is as strong as ever. He and Gennaro Contaldo take part in traditional celebrations in Asti, where tension reaches boiling point during a horse race, and discover the new array of ingredients brought in by immigrants at the Turin vegetable market.	UNITED KINGDOM	English-100	2011	RPT	G	Y	Y

2025-10-25	1240	Food Lifestyle	The Streets Hong Kong	Ep 3	01	3	Dan heads to a popular local venue on Hong Kong Island to discover why they are renowned for their flavourful congee. He then meets up with Archan Chan, to experience innovative delicacies.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G			Y	
2025-10-25	1310	Food Lifestyle	The Streets Hong Kong	Ep 4	01	4	Dan ventures out of the city in search of an old school Hakka dumpling house. He then visits the last remaining underground roasting facility to discover the art of Chinese style roast pork.	AUSTRALIA	English-95; Chinese (Traditional)-5	2024	RPT	G			Y	
2025-10-25	1340	Food Lifestyle	Gourmet Farmer	Wallaby, Mushroom And Chips	04	5	With native wallabies grazing the same pasture as his livestock, Matthew Evans needs to come up with a solution that allows both to co-exist.	AUSTRALIA	English-100	2017	RPT	PG	a w		Y	
2025-10-25	1405	Travel	Luke Nguyen's India	Chettinad		9	Luke embarks on a trip to Chettinad, a hub of global merchants of yesteryears. He sizzles with the tantalizing pepper chicken and mutton sukka, and delves into Chettinad's storied history.	AUSTRALIA	English-95; Tamil-5	2023	RPT	G		Y	Y	Y
2025-10-25	1430	Food Lifestyle	Come Dine With Me: The Professionals	Wolverhampton / Birmingham A	02	13	Today we're in and around Birmingham, kicking off at Island Lounge, where married chefs Marlon and Dania are showcasing their Caribbean cuisine. It's not long before our hosts realise they've got their work cut out trying to impress foodies Mustapha and Jamie, from Jungle Street Kitchen.	UNITED KINGDOM	English-100	2022	RPT	PG				
2025-10-25	1525	Cooking	Please Eat Slowly Bitesize	Yee Sang	01	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G				
2025-10-25	1530	Food Lifestyle	Come Dine With Me: The Professionals	Brighton A	02	14	In Sussex, business partners Will and Jack are kicking off the week with some decidedly risky fare from their restaurant MED. Head chef Will doesn't like to waste any part of the animal when cooking.	UNITED KINGDOM	English-100	2022	RPT	PG	a			

2025-10-25	1625	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 6	01	6	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G	Y	
2025-10-25	1630	Cooking	Be My Guest With Ina Garten	Stephen Colbert And Evie McGee-Colbert	06	3	The amazing talk show host, comedian, writer and producer Stephen Colbert and his wife, Producer Evie McGee Colbert are joining Ina for a wonderful day at the barn.	USA	English-100	2024	RPT	G		
2025-10-25	1700	Food Lifestyle	Kitchen Glow Up	From Chaos To Calm	2025	7	Gustavo & Carissa's dream kitchen has become a nightmare. With baby gear everywhere, poor storage & broken appliances, cooking is chaos. Can Ellen transform their dysfunctional space into a safe, warm & functional kitchen for their growing family?	USA	English-100	2025		PG		
2025-10-25	1730	Travel	Rick Stein's Cabin Fever	Rick Stein's Cabin Fever	01	0	A condensed look at Rick Stein's journey from Bordeaux to Marseille during the making of 'Rick Stein's French Odyssey' including his favourite dishes along the route and behind-the-scenes DV footage of the highlights and the trials and tribulations of such an undertaking.	UNITED KINGDOM	English-100	2006	RPT	PG	a l w	
2025-10-25	1835	Travel	Hairy Bikers Mediterranean	Mainland Spain	01	6	The bikers are in Southern Spain, travelling from Valencia to Torremolinos and eating their way through the spicy delights of southern Spanish cuisine.	UNITED KINGDOM	English-100	2017	RPT	G	Y	
2025-10-25	1935	Travel	Remarkable Places To Eat	Puglia	03	1	TV and radio host, Dermot O'Leary takes Fred Sirieix to Puglia in Italy's deep South to his favourite restaurants showcasing simple but sublime cucina povera, or poor man's cooking.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	Y
2025-10-25	2030	Travel	Rick Stein's Taste Of Italian Opera	Rick Stein's Taste Of Italian Opera	01	0	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy. He draws parallels between cooking and composing, noting how both involve the skillful combination of ingredients and how they share the common purpose of bringing pleasure to many and lifting the human spirit. Rick also explains why he thinks the music of three great Italian composers - Verdi and Rossini - is connected to the food of the regions where they lived and worked.	UNITED KINGDOM	English-100	2010	RPT	G	Y	
2025-10-25	2140	Travel	Anthony Bourdain: The Layover	Paris	2	2	Tony visits one of his favorite cities in the world, Paris. It's hard to do too much of anything when your cup's being constantly refilled with amazing wine and there's a cheese plate to turn to.	USA	English-100	2012	RPT	PG	1 s	Y
2025-10-25	2230	Food Lifestyle	Getting Grilled With Curtis Stone	Teri Hatcher	01	1	Curtis Stone puts his guests from the worlds of film, music, sports, and beyond in the hot seat.	USA	English-100	2024				
2025-10-25	2330	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 12	05	12	Maevie O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maevie discovers how luscious strawberries can make the perfect love potion, and Joanna joins a group of high school students in rural Victoria on a very unusual cooking lesson.	AUSTRALIA	English-100	2005	RPT	G	Y	
2025-10-25	2400	Food Lifestyle	Kitchen Glow Up	From Chaos To Calm	2025	7	Gustavo & Carissa's dream kitchen has become a nightmare. With baby gear everywhere, poor storage & broken appliances, cooking is chaos. Can Ellen transform their dysfunctional space into a safe, warm & functional kitchen for their growing family?	USA	English-100	2025	RPT	PG		
2025-10-25	2430	Travel	Hairy Bikers Mediterranean	Mainland Spain	01	6	The bikers are in Southern Spain, travelling from Valencia to Torremolinos and eating their way through the spicy delights of southern Spanish cuisine.	UNITED KINGDOM	English-100	2017	RPT	G	Y	
2025-10-25	2530	Travel	Remarkable Places To Eat	Puglia	03	1	TV and radio host, Dermot O'Leary takes Fred Sirieix to Puglia in Italy's deep South to his favourite restaurants showcasing simple but sublime cucina povera, or poor man's cooking.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	Y
2025-10-25	2625	Cooking	Please Eat Slowly Bitesize	Yee Sang	01	2	Learn how to make mouth-watering Yee Sang. Victor has a few tricks for slicing the perfect julienne at home, as well as some presentation tips to make your salad a showstopper.	AUSTRALIA	English-100	2022	RPT	G		

2025-10-25	2630	Travel	Rick Stein's Taste Of Italian Opera	Rick Stein's Taste Of Italian Opera	01	0	In this colourful special, top chef Rick Stein takes a lighthearted look at the role that food played in the creation of Italian opera and shows how music and food are intrinsically linked in Italy. He draws parallels between cooking and composing, noting how both involve the skilful combination of ingredients and how they share the common purpose of bringing pleasure to many and lifting the human spirit. Rick also explains why he thinks the music of three great Italian composers - Verdi and Rossini - is connected to the food of the regions where they lived and worked.	UNITED KINGDOM	English-100	2010	RPT	G		Y
2025-10-25	2740	Travel	Anthony Bourdain: The Layover	Paris	2	2	Tony visits one of his favorite cities in the world, Paris. It's hard to do too much of anything when your cup's being constantly refilled with amazing wine and there's a cheese plate to turn to.	USA	English-100	2012	RPT	PG	1 s	Y
2025-10-25	2830	Cooking	Food Lovers' Guide To Australia	Food Lovers Guide To Australia Series 5 Ep 12	05	12	Maeve O'Meara and Joanna Savill continue to explore the best food and produce around. In this episode, Maeve discovers how delicious strawberries can make the perfect love potion, and Joanna joins a group of high school students in rural Victoria on a very unusual cooking lesson.	AUSTRALIA	English-100	2005	RPT	G		Y